

Love You or Lose You

LINEDANCE.COM

Count: 48

Wall: 2

Level: Intermediate

Choreographer: Sandy Kerrigan - Debbie Banfield - Sharon Forward (Sydney) Australia - Sept 2015 - Ver.1

Music: Like I'm Gonna Lose You - Meghan Trainor / Title Deluxe / iTunes - 144 bpm

Dance Starts: 2 Beats in on Lyrics/"Found Myself Dreaming" Track Length 3:36

S1: Back Rock Step, Step Fwd, Fwd Rock Step, Step Back, Walk Back R, Walk Back L, Sweep Behind, $\frac{1}{4}$, Side drag

1 2 & 3 4 & Rock Back on R, Replace Fwd to L, Step Slightly Fwd on R, Rock Fwd on L, Replace Back to R, Back L

5 6 7 Walk Back R, Walk Back L, Sweep R Back around to Cross Behind L

& 8 Turn $\frac{1}{4}$ L-Step L to L Side, Step R to R Side-Dragging L to R 9:00

S2: Ball Cross, Replace, Back, Cross Shuffle, Ball Cross, Sweep, Cross, Side Shuffle Turn $\frac{1}{4}$ Fwd, Together

& 1 2 & Step Back on Ball of L, Cross R over L, Replace Back to L, Step R to R Side

3 & 4 5 6 Cross L over R, Step Ball of R to R, Step L over R, Sweep R, Cross over L (straight leg sweep-wt on R)

7 & 8 & Step L to L Side, Step R next to L, Turn $\frac{1}{4}$ L-Step Fwd L, Step R next to L 6:00

S3: Walk Back, Walk Back, L Mambo Step, $\frac{1}{4}$ Pivot Turn, Cross, Weave to L Side

1 2 3 & 4 Walk Back L, Walk Back R, Rock Back L, Replace Fwd to R, Step Fwd L,

5 & 6 Step Fwd R, Pivot $\frac{1}{4}$ L-wt on L, Cross R over L

& 7 & 8 Step L to L, Cross R Behind L, Step L to L, Cross R over L 3:00

S4: Ball Cross, Left Side Scissor, $\frac{1}{4}$ Back, Together, Press Fwd, Back, Together, Step Spiral Turn with Cross Hook

& 1 2 & 3 Ball of L to L Side, Cross R over L, Step L to L Side, Step R next to L, Cross L over R

4 & 5 6 Turn $\frac{1}{4}$ L-Step Back on R, Step L next to R, Press R Toe Fwd with R bent Knee, Replace Back to L

& 7 8 Step R Back next to L, Step Fwd L, Full Spiral Turn R on L-R Toe is now across L-wt on L 12:00

S5: Swing R to Step R Side, Sway L, Sway R, Ball Cross, ¼ Back, Side, Cross Rock, ¼ Fwd, ½ Step Back, Side Ball Cross

- & 1 2 & 3** Swing R Around to Step to R Side, Sway to L Side, Sway to R Side, Ball of L to L, Cross R over L
- & 4 5 6** Turn ¼ R-Step Back on L, Step R to R Side, Cross Rock L over R, Replace Back to R
- & 7** Turn ¼ L-Step Fwd L, Turn ½ L-Step Back on R
- & 8** Travelling Ball Cross to L Side-Step Ball of L to L Side, Cross R over L 6:00

S6: Step Side, Back Rock, Step Side, Back Rock, ½ Pivot Turn, Quick ½ Pivot Turn, Fwd L Coaster Step 6:00

- & 1 2 & 3 4** Step L to L, Rock Back on R, Replace to L, Step R to R, Rock Back on L, Replace Fwd to R
- 5 6 & 7** Step Fwd L, ½ Pivot Turn R wt on R, Step Fwd L, ½ Pivot Turn R wt on R
- & 8 &** Step Fwd L, Step R next to L, Step Back L

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